

**RYE VALLEY**



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RYE

VALLEY

1996





1996 Pres. Eva Jarvis and grandson



1996 Vice Pres. Polly Earnest

1996

Bowen, Genevieve  
 Blankenbecker, Mary Jane  
 Earnest, Polly  
 Gouge, Mary Joe  
 Hawthorne, Thelma  
 Hayton, Roberta  
 Jarvis, Eva  
 Jarvis, Peggy  
 Jarvis, Treva  
 Keys, Ethel  
 Long, Helen  
 Medley, Ellamae  
 Ross, Nell  
 Scott, Joy







Home Makers



SMYTH COUNTY EHC ACHIEVEMENT DAY  
EBENEZER LUTHERAN CHURCH  
MARION, VA 24354

December 2, 1995

Welcome .....	Beulah Wolfe, Chairman Smyth County Council
Devotions & Invocation .....	Vivian Cooper Rich Valley Club
Dinner	
Introduction of Guest .....	Rosa Hayes Adwolfe Club
Entertainment .....	Albert Blackburn Member of Fescue
Outstanding Club Member .....	Ethel Bivens Marion Club
Outstanding Club .....	Martha Hatcher Secretary, Extension Office
Scrapbook .....	Doris Smith, Vice-Chairman Smyth County Council
Nominating Committee Report .....	Doris Smith, Chairman Nominating Committee

Installation of Officers .....	Donna Hamm 4-H Technician, Extension Office
Door Prizes .....	Rosa Hayes Adwolfe Club
Creed .....	Ruth Dishner Marion Club

HOMEMAKER'S CREED

AS HOMEMAKERS WE WILL STRIVE TO:

Have our organizations foster the highest ideals of home, church, school and public life.

Have our homes reach out in service to the community and help unite the people.

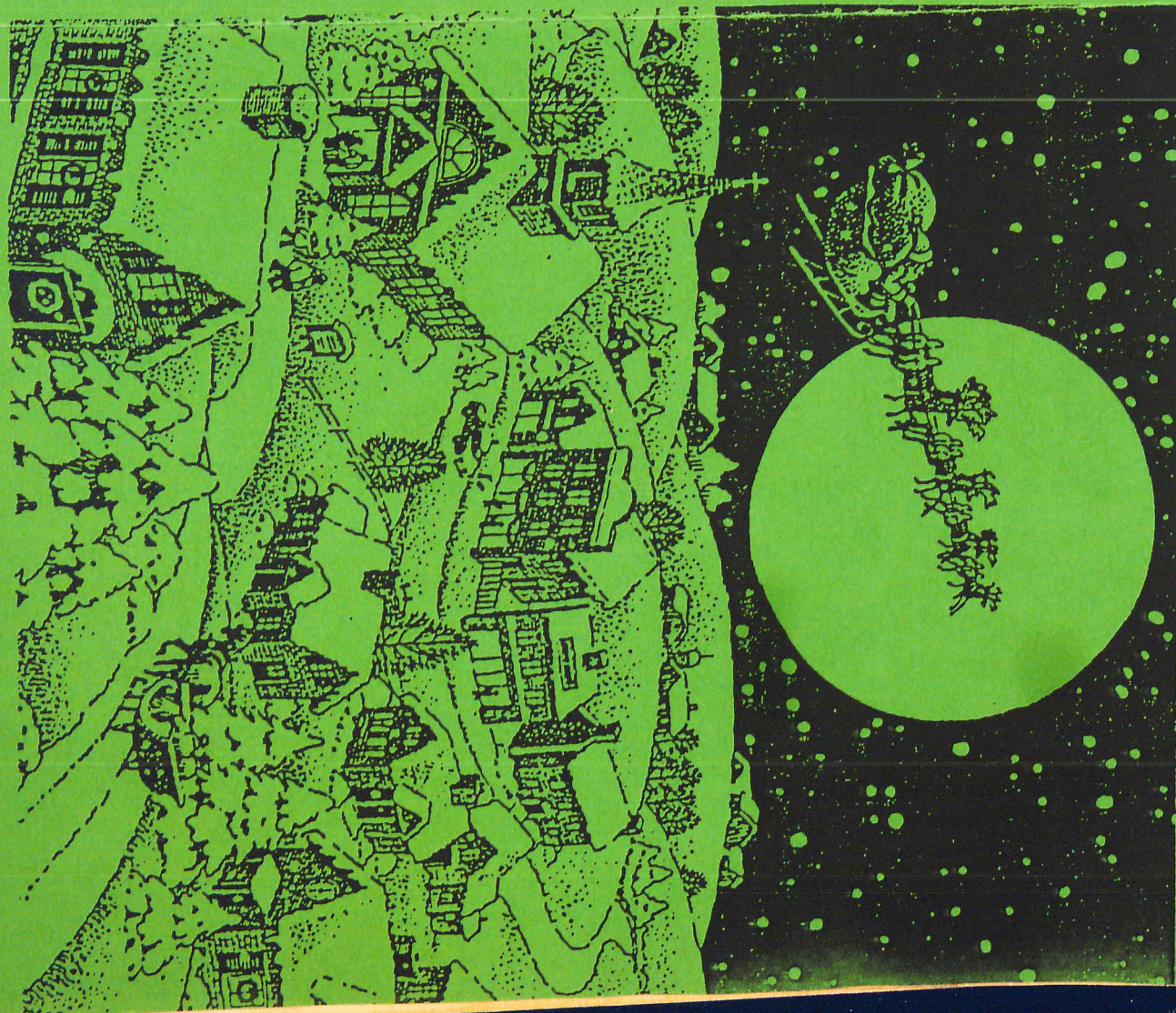
Have cooperation and progress the leading forces in our communities.

Study the best ways to do everyday work that we may find joy in common tasks well done.

Be kind beyond the standards of charity, avoid thoughts and words that condemn; be more thoughtful than love requires; maintain the highest levels of our heritage.

HOSTESS CLUBS  
ADWOLFE CLUB  
MARION CLUB  
RICH VALLEY CLUB









Achievement  
Day 1995



Rye Valley 3rd.  
Place  
Scrapbook

Neil Ross





Nell C. Ross  
Outstanding Smyth Extension  
Homemaker Member.  
December 2, 1995







# Christmas Dinner 1995      December 3,



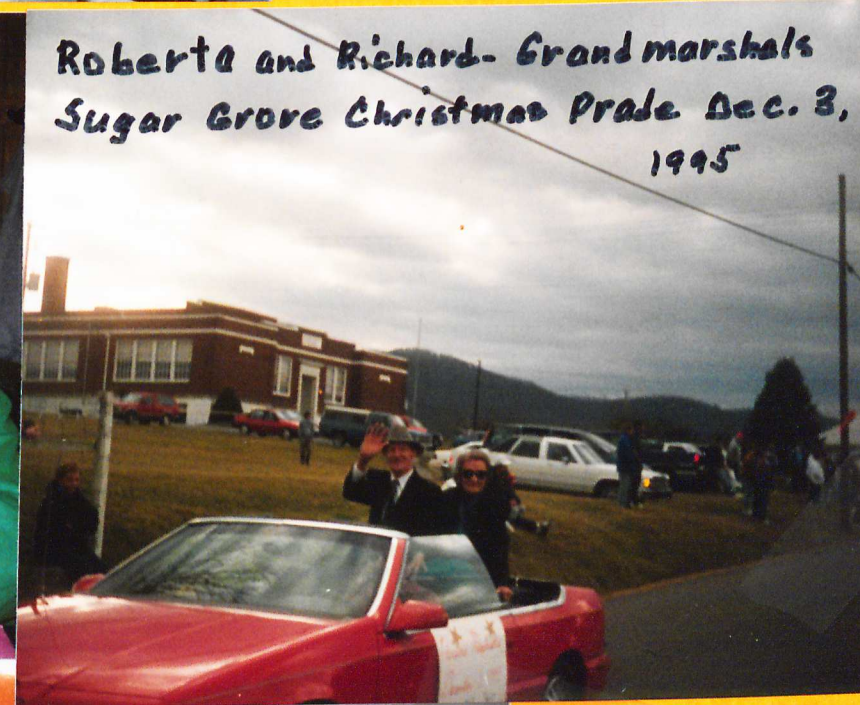
christmas Dinner  
Dec. 1995



Roberta wins  
Door Prize



Roberta opens Door Prize



Roberta and Richard- Grand marshals  
Sugar Grove Christmas Parade Dec. 3,  
1995

Helen and  
Peggy at Dinner





Dozens of Smyth County residents woke up Friday morning, Jan. 19, to discover they had something that wasn't there the day before — waterfront property. A combination of melting snow, hours of steady rain mixed with sleet and howling winds caused a variety of problems around the county.

The towns of Marion and Chilhowie issued "boil water" notices Friday morning, stating that the heavy rains and melting snow have introduced cloudy water and sediment into their water systems. Residents were advised to bring drinking water to a rolling boil for one minute as a precautionary measure. All consumers who purchase their water from Marion or Chilhowie were alerted by the "boil water" notice, including the communities of Currin Valley, Schell Valley, Ebenezer, Atkins, and Walker's Creek.

Because the Town of Marion had disconnected the town spring from its system late Thursday night, the state health department allowed Marion to lift its "boil water" notice Friday afternoon for all customers except those south of the Marion Fish Hatchery on Route 16. Chilhowie Town Manager Marvin Perry said Chilhowie must purge its water system before the "boil water" notice can be lifted. He estimated the advisory would be in effect until Monday morning.

Thomas Bridge Water Corp. consumers located south of Parkers Chapel Church and residing along Routes 604 and 600 are also affected by the advisory.

Right now no other customers of ours are affected, but we're continuing to monitor the spring," said John Cress, supervisor of operations for Thomas Bridge Water Corp. "I would advise people to listen to the radio over the weekend. Sometimes the effects of this type of flooding can be delayed."

## Looking for a date?

What do the dates on food packages mean?

Open datings on food products are there to help you make good consumer choices at the grocery store. Open dating is particularly helpful in purchasing perishable items such as meat, poultry, fish, dairy products, and fresh bakery goods. There are four basic types of open dating on food labels.

Pull-by or Sell-by dates are used on foods such as milk, cheese, and packaged meats. It is the last date the product should be sold. The "pull-by" date allows enough time to use the product at home under proper storage conditions.

Freshness or Best-If-Used-By date is used on products such as bakery goods or packaged cereals. This date is the last day the product can be expected to be at its peak quality. Bakery goods that have

### EXTENSION ANSWERS

LINDA A. CHILDERS

passed their freshness date are often sold at lower prices.

Expiration or Use-By date on products such as refrigerated dough or yeast means the last date the food should be used. If egg cartons include an expiration date, the eggs should be sold by the date marked.

Pack date is the date the food was manufactured or processed and packaged. This type of dating

See **EXTENSION**, Page B6

### Extension answers

■ **EXTENSION**, from Page B3  
is used mainly for foods that have a long shelf life, like canned goods.

While knowing and understanding the definitions of these open dating terms is important, you have the responsibility of care of the food after you leave the supermarket.

Always make the supermarket the last stop before going home. Getting the groceries stored properly should be the first thing you do when you arrive home. No matter how fresh the milk is when you

leave the store, it will spoil if you leave it in the trunk of your car for two hours.

If you travel some distance to buy groceries, take a cooler with ice and store the perishables there until you get home. Store properly immediately upon arrival.

Keep your storage area clean and free of insect infestation. If you store the new cereal in the same cabinet with the old cereal that is "buggy," the critters will soon move to the new box of cereal. □

### Water trouble

■ **TROUBLE**, from Page A1  
down into the ditch, so I ended up having to wade through the water to call Dr. Winters and to get someone to help get my vehicle out."

Chilhowie District Supervisor Bill Blevins, who also serves as emergency services director for the county, said Friday that flooding occurred throughout the county.

"We got the information out on the radio Thursday to expect some flooding, and so far we've fared pretty well," said Blevins.

Blevins and Sheriff David Bradley both reported that no evacuations had been necessary as of midday Friday.

America Electric Power (AEP) customers in Smyth and Washington counties suffered several "spot outages" early Friday morning. Spokesman Dan Adams said high winds were responsible.

Mountain Empire Airport reported gusts as strong as 41 mph.

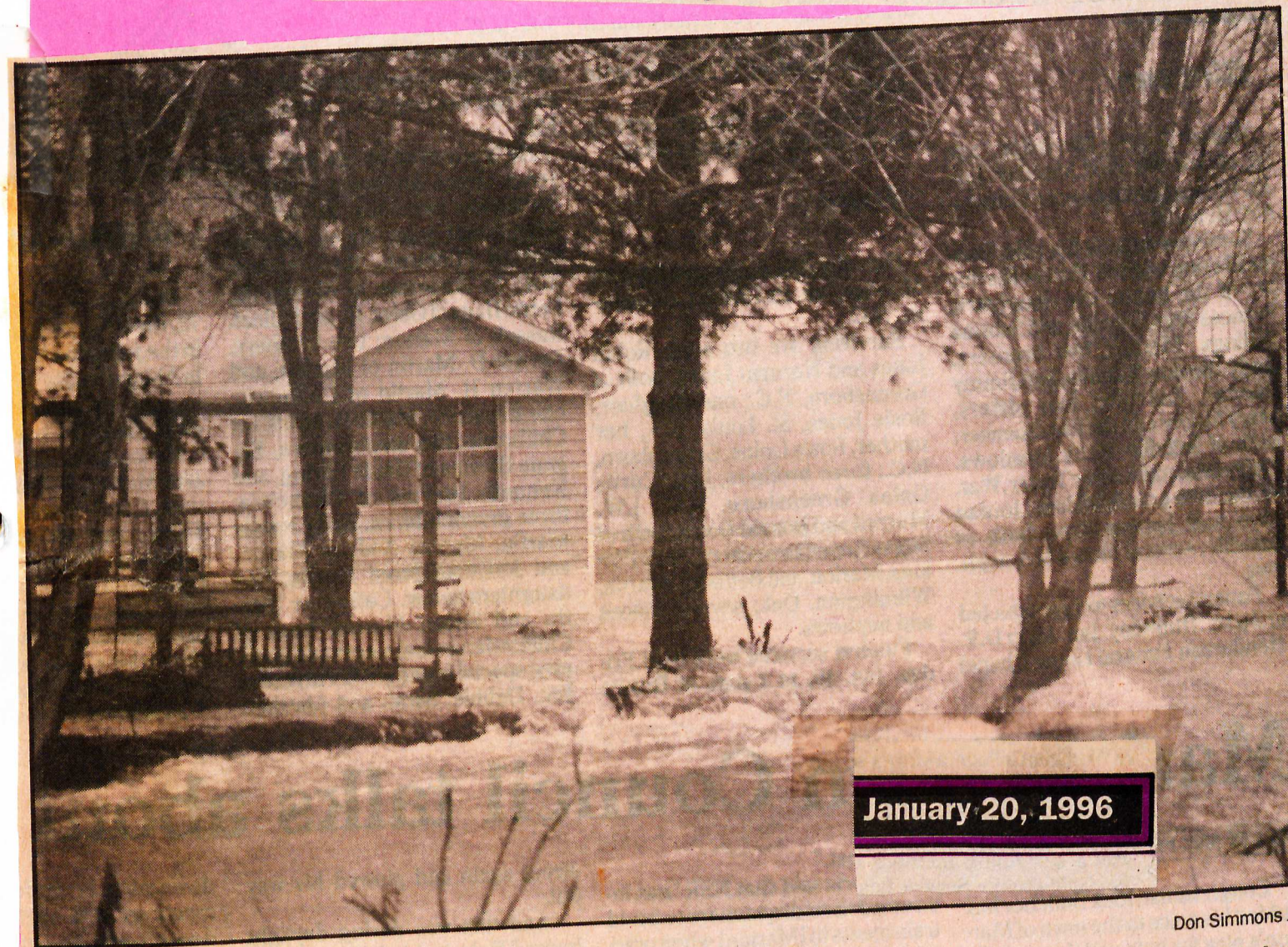
At 11 a.m. Friday, 85 Smyth County customers were without power. A downed line near Tannersville threatened power to more than 200 AEP customers Friday when rising waters prevented AEP maintenance crews from getting to the source of the problem. Adams said AEP was in the process of getting permission to set four new poles Friday to get the line back up. □

NO MEETING

January 1996

## Water trouble all

## over Smyth County



January 20, 1996

Don Simmons Jr.

This photograph was taken near Teas, but it was an all-too common scene all over Smyth County Friday morning.

Saltville Mayor Frank Lewis said he was unaware of any water problems there, except for minor flooding in a few basements.

As of Friday morning, the Virginia Department of Transportation (VDOT) had officially closed Route 631 near the old high school in Rich Valley. Several flood-prone sections of Routes 628, 627, 620, 648 and 660 had to be closed in the Broadford area.

School was canceled early Friday morning due to the heavy flooding, particularly in the Sugar Grove, Teas and Thomas Bridge areas.

"I knew at 5 a.m. that we had potential problems," said Dr. Marvin Winters, superintendent of schools for Smyth County.

Sam Hambrick, principal of Sugar Grove Combined School, and Dave Bur-

ton, school transportation supervisor, were out checking road conditions by 5 a.m. Friday.

Hambrick was checking water levels on Slabtown Road when he decided it was too deep for his vehicle.

"I decided to back into a driveway to turn around and I missed the driveway," said Hambrick. "I kept sliding further

See **TROUBLE**, Page A5



by LEE ANN PRESCOTT/Staff

Professional photographer Mike Harrington has spent the past seven years shooting brides, babies, families, business properties and advertising photographs from his Uptown Photography shop on East Main Street in Marion. Now Harrington has joined forces with forest ranger Bob McKinney and Smyth County school teacher Courtney Stewart to produce a new line of greeting cards called "Appalachian Folk."

McKinney has spent his last few years writing brochures, press releases and video narratives for the Mount Rogers National Recreation Area. Before Harrington and McKinney decided to pursue separate paths, they worked together at the Smyth County News. Harrington was a photographer and McKinney wrote — and many times, they covered assignments together.

"When Mike and I both worked at Smyth County News, I'd go around with him," McKinney says. "We'd talk to people, and he'd photograph them."

Stewart was a graphic designer who came home to Marion to teach Spanish. She says she met Harrington two years ago and, "He drove me around the area. He's a wonderful guide. Michael sees beauty in and respects these people. They're such hard workers."

The result of this trio's combined artistic skills is a black-and-white photographic series of Southwestern Virginia mountain folks.

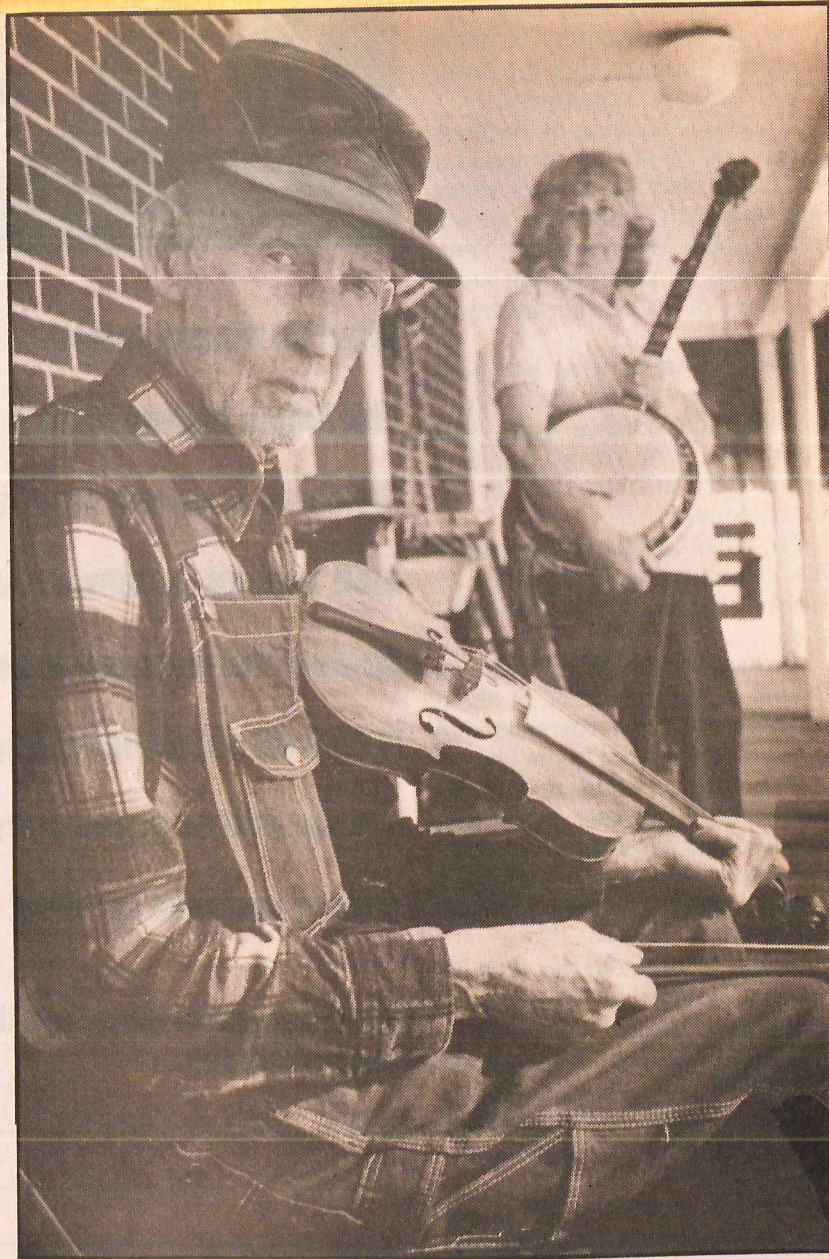
Harrington has produced two sets of greeting cards, totaling 20 photographs he chose from thousands of pictures he took in the 1980s.

"This is a dying breed I've captured on film," Harrington says, adding that he has a deep admiration for people who can survive by drawing resources from the land and simply living with what they have. "I respect them for that."

Harrington is a Marion native who traveled the world during his four years in the U.S. Navy. In fact, he still carries his original-issue duffel bag.

Now, instead of military supplies, the bag contains his blackout drapes and light scrim fabrics which he uses for diffusing light and creating softer-looking images.

Harrington learned the art of photography as a student at East Tennessee State University. He earned a four-year degree in visual arts with a minor in business, but he says that his work-study experi-



**Beverly and Mildred Thompson won a lot of ol'time music contests in their day and once recorded "Little Brown Jug" for a record company. Mildred still plays a little clawhammer style banjo, but Beverly's fiddle has been silent for several years.**

ence was at least as valuable as the education itself. "I had a work-study job in the Veteran's Affairs photo lab," he says, adding that his assignments included photographing surgeries and other subjects that some people may find difficult to view. "[Through the V.A.], I worked with government photographic equipment, which was the best of the best, so I was a student learning photography, and I was in a working environment with professional photographers — quite an advantage over the other students."

Harrington says he chose McKinney to write the cards' texts because, "Bob is just a great writer." Also a Marion native, McKinney says he was born at the old Lee Hospital, before Smyth County Community Hospital came along. After writing for the newspaper for

several years, he earned a Master's Degree in professional writing from the University of Southern California. This education, he says, offered every level of writing practice, including technical writing.

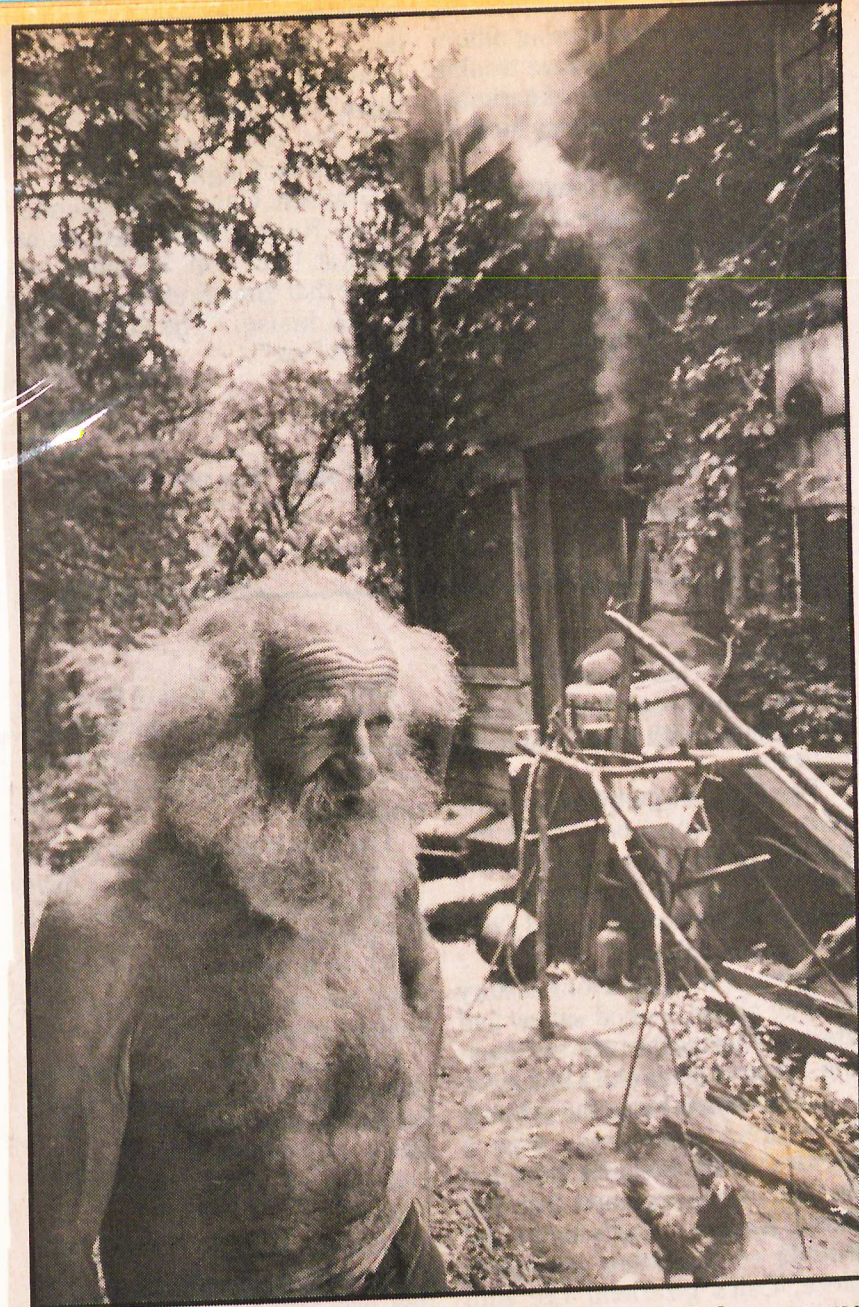
"[Students] called that course 'washing machine,'" he says, because they learned how to write owner's manuals for various products. McKinney has written two novels, and he regularly visits Canada so he can write fishing stories for a magazine called "Sporting Classics."

Stewart became the graphic designer for the "Appalachian Folk" series in a familiar Southwestern Virginia style: it was a bartered deal. Stewart says that Harrington, "did some photos of my dad (local attorney Franklin Stewart), and that, to me, is priceless." Stewart

Natives of Rye Valley

Harrington, McKinney and Miss Sena,

## essence of Appalachian life



**Homer Davenport has survived a lot of rough living on and around Clinch Mountain, including bites from at least three poisonous snakes — a timber rattler and two copperheads. A self-taught 'medicine man,' who knows many old Appalachian herbal remedies, Mr. Davenport crushes up wild onions and applies them to the snakebite to 'draw out the poison.'**

earned her art degree from Emory & Henry College in 1980, then took off to the big city to work as an art director, graphic designer and editor for magazines and as a teacher in Vermont. "This project has been ongoing for a while. It's been kind of a dream child. [In designing the layout], Michael wanted the work to speak for itself and have his name as small as possible," she says. "Mostly, I wanted to show off his work."

After over 14 years as a photographer, Harrington has decided that, "taking pictures is a different thing from the art of photography." He points out that several of the "Appalachian Folk" note cards have

the choice [light], the best. The sun, natural light, is God's own strobe light."

Stewart says that after her years of experience in graphic design and photograph selection for magazines, she finds that Harrington has an unusual level of photographic ability, "especially in his black-and-white work. Michael's a treasure. [His talent] is right up there with the very, very best."

Harrington is pleased that he had the opportunity to get to know his subjects. He refers to each person by name, as anyone might recall an old friend, and he can spin a good yarn about each of them as well.

With the card titled, "Witness to

text McKinney wrote on the back. It says, "Bess Conley of Marion, Virginia lived to be 101. At the age of 100, she was still living in her own home and preparing most of her meals on a woodburning cookstove." What it doesn't say, Harrington adds, is that Conley tossed her cigarette butts into the coal ash bucket to hide her smoking habit. "She was ever the lady," he says. "She didn't want anybody to know." When Harrington first met Rye Valley farmer Rubin Wesson Nelson, he says Nelson was busy dragging a skunk out of the yard that his dog had brought home — a sight he won't soon forget.

The day he decided to help "Tougher 'N Rattlers" Homer Davenport complete some personal paperwork was the source of a story Harrington still enjoys. Davenport had written his last name in the blank for 'first name' on a form, and Harrington attempted to correct the error. But Davenport explained his logic, saying that he was a Davenport first; he didn't get the name Homer until after he was born — so Homer was his second name.

"Profound," Harrington said of Davenport's logic.

His favorite stories, though, are of Sena Roberts Ward, a tough, well-educated mountain woman who just happens to be related to Harrington. McKinney's text on Ward's card says, "Sena Roberts Ward once taught school in Rye Valley. They learned in my classes ... because I let 'em know right off who was in charge!"

What the card doesn't say, Harrington tells, chuckling, is the trick she used when she worked as a substitute teacher. "What she did was take in a great big bundle of switches and slam them down on the desk." Then she told the students that if they misbehaved, they would come to her desk and choose the switch she would use. In another Ward story, Harrington tells a tale of a four-legged varmit who kicked Ward during her later years and broke her hip. When asked what she'd done about the bull, Ward replied, "I turned him into hamburger!"

Harrington's "Appalachian Folk" greeting cards are available for sale in his shop, as well as in a few Bristol and Abingdon locations. Harrington hopes that Cracker Barrel or other national chain stores pick up his line of cards. He sells the cards individually for \$1.75, or a box of 10 for \$12.50. □



# The kids have been home for too long

By LEE ANN PRESCOTT/Staff

The Smyth County School Board's first priority when calling snow days is student safety. In an extended discussion with disgruntled parent Kevin O'Kane at the Monday night meeting, board members cited their reasons for canceling school for 13 days during the recent spell of winter weather.

O'Kane opened the discussion by saying that he previously lived in Burlington, Vermont and that schools there continued with the normal school schedule in

near-blizzard conditions. He said he was surprised that Superintendent Marvin Winters had called off school when main roads were cleared.

"If I called my employer and said I would miss 13 days [of work], I would be fired," O'Kane said.

Winters explained that Smyth County is composed of different land forms and elevations, which means that a valley can have clear roads while a higher elevation can still have impassable roads. Winters went on to say that the reason for missing school on Monday, Jan. 15 was that. "We

still had a significant number of roads in the county, in Sugar Grove and Rice Valley, that were still packed with snow on one-lane roads. The question [we ask ourselves] is: do you send a school bus on those roads? Parents have expressed to us strongly that although they drive personal vehicles on those roads, they're reluctant to have their children ride the bus on those same roads."

"I'm not concerned about the people who live in outlying areas," O'Kane said, citing that these citizens "made the choice

■ See **TOO LONG**, page A3

## Kids have been home too long

■ **TOO LONG**, from Page A1

to live there" and that the School Board should "put the responsibility on the parents" for getting their children to school when busses cannot safely travel secondary roads.

School Board Vice-Chairman Phillip Hopkins said, "Our bus drivers' job is to drive those kids over those roads. Our philosophy may differ from Vermont or New Jersey, but this is Southwest Virginia."

When O'Kane expressed concern that his children were missing a substantial portion of their educational opportunity by staying home during snow days, Hopkins assured O'Kane that the snow days would be made up.

"We're not compromising your kids' education at all. They'll make it up," Hopkins said.

O'Kane suggested that the School Board send each student home with a written survey to collect parent opinions concerning the severe-weather cancellation policy. Winters pointed out that years ago, policy was to continue school despite harsh weather, but that citizen input had changed the weather

policy to choose in favor of student safety. In supporting his decision to cancel school Monday, he said, "Normally, we're able to make up 20 to 21 days comfortably and finish [the school year] in mid-June."

Board Member L.T. Olinger supported Winters' statement, saying, "The safety of our kids comes before education. You can always educate them, but if a bus goes down ...." Then he tossed up his hands in an expression of frustration. "The state may have these roads through Marion clear, but they haven't touched these side streets."

Board Member Blaine Dancy added, "We're here as a board to take care of our school kids, not to second-guess Mr. Winters. He may have information I don't have from elsewhere in the county [when he

cancels school]."

Hopkins acknowledged that some parents may face difficulty securing baby-sitters for young children who are out of school, or may become impatient with children underfoot for several snow days in a row, but that, "We are not a baby-sitting service; we're in the education business."

Newly-elected Board Member Steve Eller concluded the discussion by saying, "The foremost thing is the safety of the children. If we can't get them there safe, we won't get them there at all."

In a telephone interview Tuesday, Jan. 16, Winters reported that school was in session and that he had received several calls from parents who thought school should be canceled due to poor road conditions. □



# Extension will tell you about radon's danger

The Smyth County Extension Office has rescheduled the "Radon Awareness Educational Program" for Thursday, Feb. 1, at 6:30 p.m. in the library of Chilhowie Elementary School.

Many people are not aware of the dangers of radon gas, and most do not know that it is the second leading cause of lung cancer in the United States and other parts of the world. Radon gas is odorless, colorless, and tasteless. You cannot see it, but it is there. Radon gas forms from the natural breakdown

and decay of uranium, and it can seep into homes through cracks and crevices in basements, and other parts of the home.

The only way to find out if a home has a problem with radon is to have it tested. Test kits are sold in hardware stores in varying price amounts. Certified radon mitigation experts can also come to your home and do the testing, and this can be costly.

If radon is detected in the home, there are several ways of correcting the problem. Often sealing the

cracks and crevices in basement floors and walls can solve the problem. The use of ventilators or fans will also help.

Several homes in Smyth County have been tested and have been found to have high levels of radon. Radon is measured in p/Cl (picocuries per liter). A reading of 4p/Cl or less is not usually harmful, but a higher reading can be dangerous.

In a recent study done by the EPA, Smyth County was shown to

have high levels of radon. Donna Hamm and Walter Robinson of the Smyth County Extension Office will be at the educational program to give more information about radon and ways of testing and correcting the problem. A video will be shown, and handouts will be available to the public.

If you are interested in finding out more about the dangers of radon, or would like to attend the program, please call 783-5175 to register. □



## Dealing with cabin fever

### GOSPEL

By AUBREY L. WHITLOW

During the recent snow storm I, along with many of you, felt the sting of confinement. How long the hours were and how boring television quickly became. I was among the fortunate ones though since I was not confined to the house alone. I had family with me.

During these long hours I listened to my scanner and found out not everyone was homebound. I heard many calls for the fire and rescue squads of the area. How they were able to answer all the calls and get to those who needed them amazed me, but with the help of the national guard, reserve units and the various road crews, they were able to respond.

Jesus talked a great deal about helping those in need and I be-

lieve we of the church could take a lesson from the superb people of the volunteer fire and rescue departments. When the call comes these people go without question. They don't ask who or why the callers are in their situations; they just go and help.

Jesus gave us two great commandments in Matthew 22:37-39. He said, "You shall love the Lord your God with all your heart, and with all your soul, and with all your

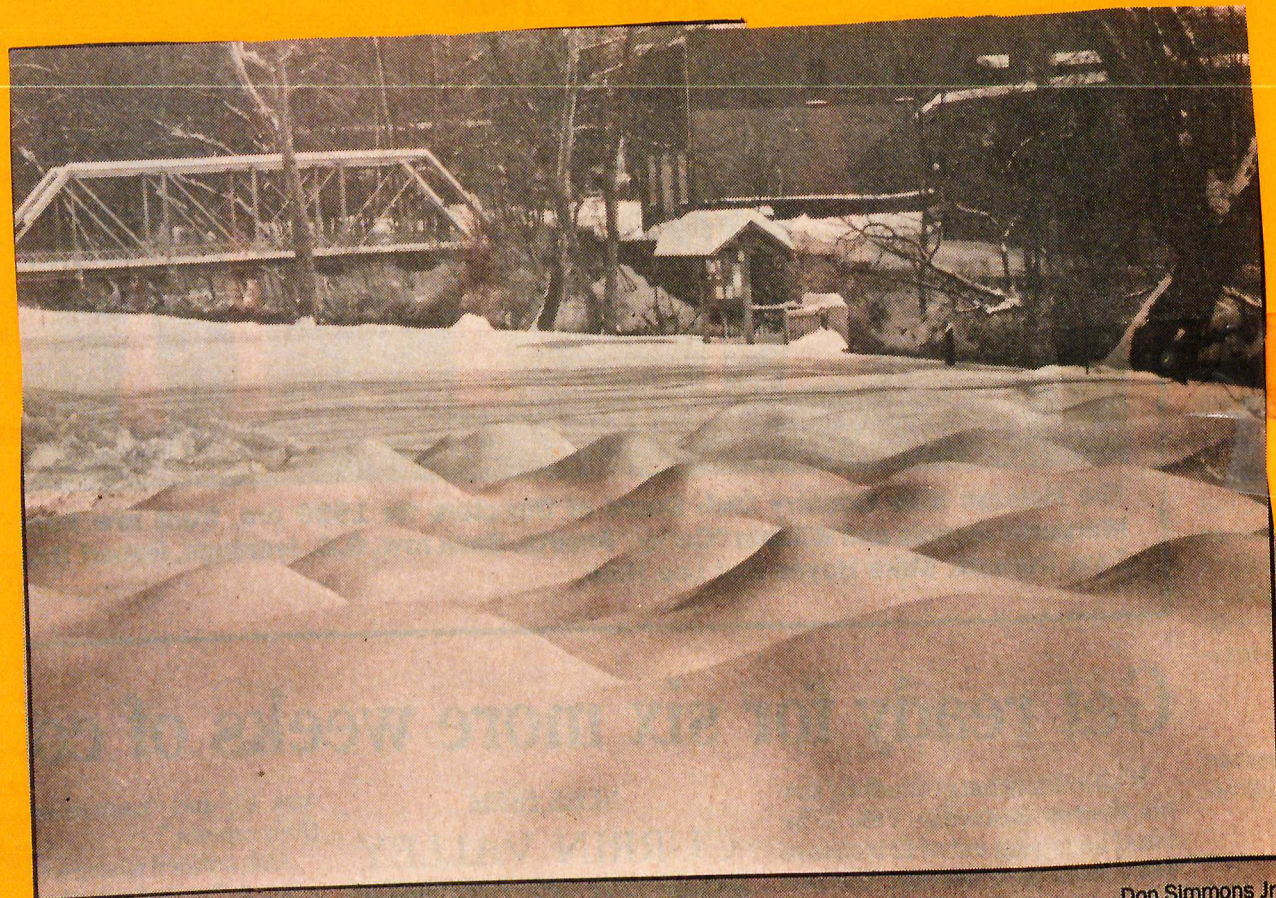
**What better way is there to relieve cabin fever than by reaching out a helping hand to others?**

mind." This is the greatest and first commandment. And a second is like it: "You shall love your neighbor as yourself." NRSV. We read in Matthew 25:40A. "Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me."

If we love God with all of our hearts, soul and mind then we would certainly respond to those in need as if it were Christ himself. And, what better way to relieve cabin fever than by reaching out a helping hand to others.



February 1996 No Meeting



Snow in parking lots began to look like whitecaps on the ocean.

Don Simmons Jr.



The Middle Fork of the Holston River looked like hot springs.

Tim Thornton

N E W S

L E T T E R

Vol. I No. 1  
February 1996

# Extension Answers

Family and Consumer Sciences

## Taking Control in 1996

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### Take Control of Your Finances

Did you make a New Year's Resolution to improve your financial situation in 1996? The most important financial decision that anyone can make is to take control of their money.

So that the big resolution is more manageable, break it into five smaller pieces.

- Resolve to identify your present spending habits.

Gather up your old bills, receipts, charge slips, and check registers and figure out how you have been spending your money. Do not underestimate the importance of taking control of "mystery money."

Mystery money is when you start out in the morning with a \$20 bill and by evening, it is down to \$2 and you do not have a clue where the \$18 went.

- Resolve to establish a budget and commit to living within it.

Budgeting is a matter of balancing income with expenses. To create a workable budget, you will need to list all your monthly expenses in one column and income in another.

If you need to reduce spending to balance your budget, play the "Ten

Percent Game." Instead of totally eliminating a category, reduce each category of spending by 10 percent. By adopting a proactive, positive approach, you may find that living within your means is not as tough as you thought.

- Resolve to set up a workable system for paying bills.

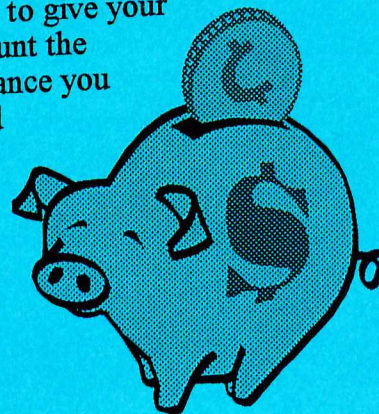
For many families, disorganization is the cause of numerous financial problems. It is better to have one person who takes responsibility for paying bills but both partners should understand the system.

- Resolve to reduce your debt load.

A first step in resolving to reduce or eliminate your credit debt is to figure out how much you owe. Credit payments should be no more than 15 to 20 percent of your take home pay.

- Resolve to save regularly.

Your first step is to set some savings goals, both short term and long term. Then resolve to give your savings account the same importance you do your food budget.



### Extension Answers Virginia Cooperative Extension

Family and Consumer Sciences (FCS) agents in Southwest Virginia have developed this quarterly newsletter as a vehicle to reach families in our district.

If you know of other persons who would like to receive the *Extension Answers: Family and Consumer Sciences* newsletter, have them call the local Extension Office.

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, religion, sex, age, veteran status, national origin, disability, or political affiliation. An equal opportunity/affirmative action employer.



# the BIG snow





# This is cold!



February 7, 1996

Don Simmons Jr.

Walking in a winter wonderland? Or slogging through an open air deep freeze?

## Can you say 20 below zero?

By DON SIMMONS JR./Staff

If you live in St. Clair Bottom, chances are your thermometer read 20 degrees below zero Monday morning. And while that temperature might not be as frigid as South Dakota's 60 degrees below zero, it was clear 1996's latest onslaught of Arctic weather didn't stop at the Mason-Dixon Line.

"The worst of this storm is over," said Charlie Harrington, emergency services coordinator for Smyth

County. "The biggest thing people need to realize is that this kind of cold can affect you very rapidly. Dress in layers of clothing and keep your exposure to the cold at a minimum."

In dealing with the cold temperatures, Harrington advised people to prepare for the worst and hope it doesn't happen. If you have an alternate heating source, make sure you have an adequate fuel supply.

"The interesting thing I've noticed with this second storm is that people went to the stores and got ready before it hit," Harrington continued. "Amazingly, it's been very calm. We've had some minor fender-benders, but no major injuries due to road conditions; and we've had no deaths we can attribute to the weather. It's tremendous, considering the potential."

With forecasters predicting end-of-the-week temperatures in See **COLD**, Page A9

## This is cold

■ **COLD**, from Page A1

the upper 40s and low 50s, Harrington said Monday, Feb. 5, that he was really more worried about potential flooding. "If we get another quick thaw and some rain, obviously, we'll be looking at more flooding problems."

Flooding in the aftermath of the last snowstorm caused Marion and Chilhowie to issue "boil water" notices to their residents and school was canceled as the rising waters engulfed roads in low-lying areas of the county.

During this weekend's deep freeze, 240 United Cities Gas Co. customers in Chilhowie learned just how important an alternative heating source can be. An equipment malfunction at the company's Chilhowie gate station interrupted service for several hours. Chilhowie High School was opened to serve as an emergency shelter for those without heat, though, apparently, no one opted to use the facility.

"Monday morning we pulled in personnel from Bristol, Johnson City, Kingsport and Wytheville to help re-ignite pilots after service

was restored," said spokeswoman Judy Moss. "We also made announcements on the radio on ways to stay warmer until service was restored."

With most areas in Smyth County

to battle either snow or flood damage."

Waters said the crews would probably continue plowing through the week because the freezing temperatures have made snow removal

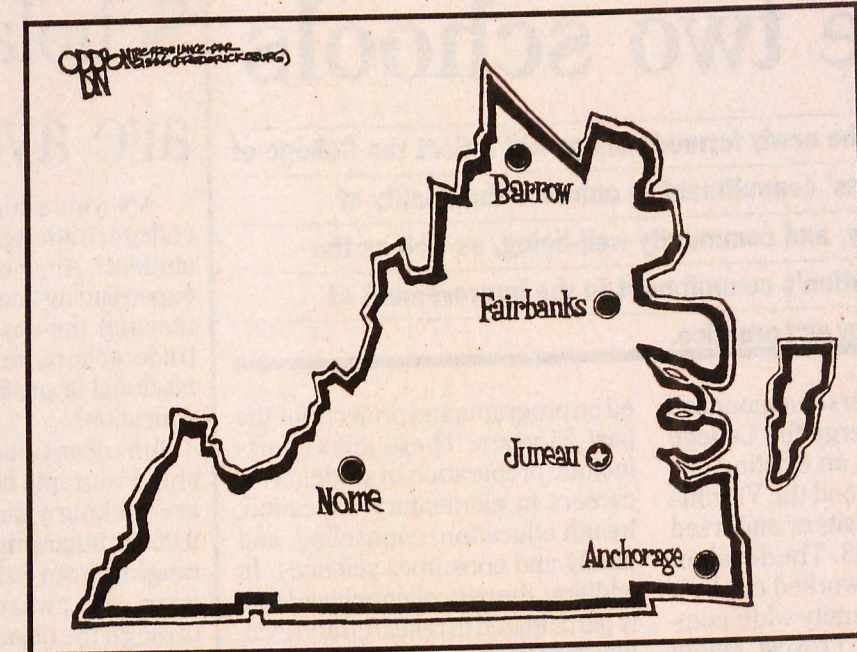
al on secondary roads more difficult.

"When temperatures drop below the mid-20s, road treatment with chemicals is ineffective," Waters said on Monday. "Since our crews were out plowing during the storm, it has made it more manageable, but it may still be a few days before all the secondary roads are cleared."

Waters also

said travelers should be aware that U.S. 16 between Marion and the West Virginia state line was still covered and dangerous as of Monday.

To deal with the deep freeze, American Electric Power (AEP) customers in the region used a record-setting amount of electricity. The power company announced that an all-time peak-demand record of 6,908 megawatts of electric power was set at 9 a.m. Monday.



You've got to have a sense of humor about these things.

ty averaging 15 inches of snow over the weekend, road crews barely had time to scrape the first few layers off before what was left turned to ice. The Virginia Department of Transportation (VDOT) had its crews on the roads by late Thursday night when the latest snow storm began to hit, according to spokeswoman Brenda Waters.

"We've been plowing 24 hours a day since the onslaught began," said Waters. "This is the fifth weekend in a row VDOT crews have had

Smyth County NEWS & MESSENGER • Wednesday, February 7, 1996

A 9

Luckily, in Smyth County, only 29 AEP customers had their service interrupted. According to AEP spokesman Bill Roeser, those interruptions occurred at 10 a.m. Monday.

During the snowstorm, AEP crews were on standby and its contractor crews were on alert because of forecasts of freezing rain,

but in the end, it was the cold, not the precipitation, that caused the scattered interruptions, said Roeser.

Smyth County students had missed 17 days of school as of Tuesday. The first nine school days missed were added to the end of the school-year calendar, making the last day of school Friday, June

7. The school board has made up other days by using teacher workdays and in-service days, and shortening Easter vacation.

At least one of the days missed during this round of winter weather will be made up on Memorial Day. The school board will consider how to make up the other days at its Monday, Feb. 12 meeting. □





Linda Stike

The road in front of the home of Dot and Bud Poe on St. Clair's Creek is a waterway early Friday after rains and ice pelted the area.



Linda Stike

VDOT highway crews remove a tree which fell across the highway in the Adwolve section Friday morning.



Linda Stike

This business in Chilhowie near the railroad is threatened by water early Friday morning.



Linda Stik

Rev. Bernice Crouse begins the task of removing a tree from the automobile of Ella Ball at the corner of Sheffey and Cherry streets in Marion Friday.



March 1996

March 1996

The meeting was called to order by Pres. Eva Jarvis.

Having missed Jan. and Feb. the time was used for planning and check up from last year.

It was brought to the attention of the club, that a different procedure for records of financial collections and spending was needed.

Joy Scott will make deposits.  
Mary Jane write checks.

Mary Jane reported:

Expense:  
\$2.50 for each member dues.  
10.00 for club dues to County Council.

Received:  
\$10.00 from County Council for 3rd place scrap book.

Mary Jane will bring complete report to next meeting.

Peggy gave ~~an~~ interesting program on Care of House Plants.

April meeting to be

Salads. Polly and Peggy.

Nell Ross





## GUIDELINES FOR HANDLING DIFFICULT PEOPLE IN GROUPS



1. RECOGNIZE THAT BEHAVIOR IS GOAL-ORIENTED.
2. REJECT THE BEHAVIOR BUT NOT THE PERSON.
3. RECOGNIZE THE PROBLEM MAY BE BOTH AN INDIVIDUAL AND A GROUP PROBLEM.
4. HELP THE PERSON FIND AN APPROPRIATE WAY TO PARTICIPATE.
5. WORK WITH PEOPLE OUTSIDE THE GROUP TO RESOLVE PROBLEMS.
6. HELP THE GROUP ARRIVE AT GROUP RECOGNIZED OPERATING PROCEDURES.
7. RECOGNIZE THAT CONFLICT CAN BE CONSTRUCTIVE AS WELL AS DESTRUCTIVE.
8. HELP THE GROUP DEVELOP PROCEDURES FOR SOLVING THE PROBLEM.
9. ASSESS YOUR OWN BEHAVIOR IN REACTION TO THE BEHAVIOR OF THE DIFFICULT PERSON.
10. REMEMBER THAT PREVENTION IS THE BEST INSURANCE POLICY.

Reference:  
Reprint, 1984. John Warden, Warden and Associates, Anchorage, AK.

GROUP PROCESS  
CONFLICT

SUPPLEMENT A  
THIS IS A DIFFICULT MEMBER - HANDLE WITH CARE

 Family  
Community  
Leadership





APRIL 1996

Meeting called to order by Pres. Eva Jarvis.

Devotion and prayer - Nell Ross.

Roll call - Sec. Thelma Hawthorne.

Response - Favorite Salad.

Reading of last minutes.

Read and approved.

Treas. Report. Mary Jane Blankenbeckler  
Discussion

Calendar and activities for programs  
for remainder of year were planned.

Program: Salads

Eva Jarvis  
Polly Earnest.

Next Month's Program

House Cleaning Hints

Roberta Hayton

Genevieve Bowen.

N. Ross

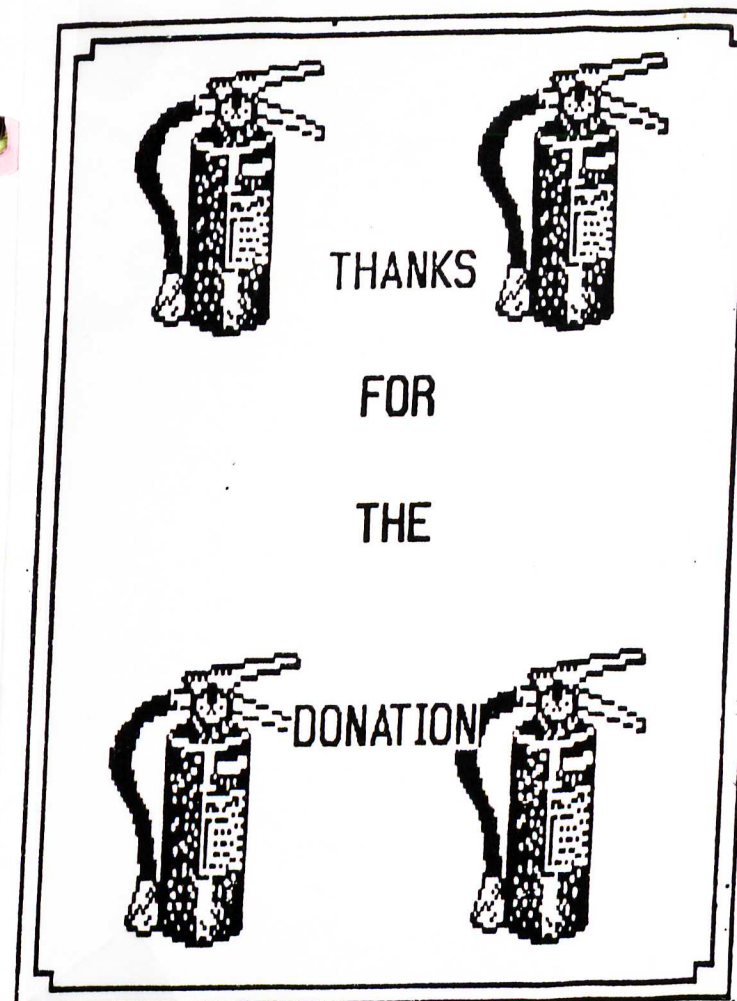


To: All Members:

The Sugar Grove Rescue Squad  
acknowledges with deep appreciation  
your most generous contribution.  
Your continued support will assure  
our services to the community.



Rye Valley Homemakers Club  
c/o Mary Jane Blankenbeckler  
Rt. 1  
Sugar Grove, Va.  
24375



THE SUGAR GROVE  
VOL. FIRE DEPT.  
THANK YOU FOR YOUR  
DONATION

AMOUNT \$50.00

TREASURER

WILLIAM J. CHOATE

SIGNED William J. Choate

Sugar Grove Volunteer Fire Department  
P.O. Box 108  
Sugar Grove, Virginia 24375



Rye Valley Homemakers Club  
c/o Mary Jane Blankenbeckler  
Sugar Grove Va 24375



### STRAWBERRY NUT SALAD

- 2 (10-ounce) packages frozen strawberries, thawed
- 1 (2-ounce) can crushed pineapple
- 1 (6-ounce) package strawberry flavored gelatin
- 2 tablespoons lemon juice
- 3 bananas, chopped
- 1 cup chopped pecans or walnuts
- 1 (16-ounce) carton commercial sour cream

Drain strawberries and pineapple, reserving juice. Add enough boiling water to juice to make 1 cup liquid; bring to a boil in a saucepan. Remove from heat; add gelatin, stirring until dissolved. Add strawberries, pineapple, lemon juice, bananas, and pecans to gelatin. Spoon half of gelatin mixture into an 11 3/4- x 7 1/2- x 1 3/4-inch pan; chill until firm. Spoon sour cream over congealed fruit mixture. Spoon remaining gelatin mixture over sour cream; chill until firm. Yield: 8 servings.

Peggy Jarvis  
Rye Valley Club

### GELATIN EGGS

- 2 cup flaked coconut
- 1 (3-ounce) box any flavor gelatin, dry
- 1 cup chopped nuts
- 1 1/2 teaspoons sugar
- 2/3 cup Eagle Brand milk
- 1 teaspoon almond flavoring

Mix ingredients together; stir with wooden spoon until well mixed. Shape mixture into eggs; chill.

### STRAWBERRY CANDY

- 2 (3-ounce) boxes strawberry gelatin
- 2 cups ground pecans
- 1 cup flaked coconut
- 1 teaspoon vanilla
- 1/2 cups Eagle Brand milk
- pecans

Mix coconut with dry gelatin and ground pecans. Stir in milk and vanilla. Chill until mixture is firm and can be shaped into strawberries. Break pecans in half and put in a little of green food coloring and a few drops of water. When the pecans turn green, remove and let dry. Place one pecan half near the top of each strawberry for a green leaf.

### NEW GELATIN DISHES

#### CHERRY GELATIN MOLD

- 1 large box cherry gelatin
- 2 cups boiling water
- 1 (8-ounce) can cherry pie filling
- 1 (8-ounce) can crushed pineapple, drained

Mix together and chill. Mix the following:

- 8-ounce cream cheese
- 1/4 cup sour cream
- 1/4 cup sugar

Mix well and place on top of gelatin cherry mixture. Chill until time to serve. All listed ingredients can be used.

Beulah Wolfe  
Chilhowie Club

#### CONGEALED AMBROSIA SALAD

- 1 (15 1/4-ounce) can pineapple tidbits, undrained
- 1 (6-ounce) package orange flavored gelatin
- 1 pint orange sherbet
- 1 cup flaked coconut
- 2 (11-ounce) cans mandarin oranges
- 1 cup miniature marshmallows
- 1 carton sour cream
- Leaf Lettuce (optional)

Drain pineapple, reserving juice. Add enough water to juice to measure 2 cups. (Juice from oranges can be used.) Place juice in saucepan; bring to boil, remove from heat. Add gelatin and stir until gelatin dissolves. Add sherbet, stir until dissolved or melts. Chill until consistency of unbeaten egg whites. Add pineapple and half of oranges. Spoon mixture into lightly oiled 6-cup mold ring. Cover and chill until firm. Combine coconut, remaining oranges, marshmallows and sour cream; chill. Unmold salad onto a lettuce-lined plate; spoon fruit mixture in center.

Doris Smith  
Rich Valley Club



May 1996

Meeting called to order by Mrs. Eva Jarvis <sup>May 7 1996</sup>  
Devotion - Nell Ross - I Need a Miracle.

Homemakers prayer in unison by Club  
Homemakers Creed.

Roll Call - Sec. Thelma Hawthorne

Response - "Do you do 'Spring Cleaning'?"

Minutes Read - Sec. Thelma Hawthorne

Approved as Read.

Unfinished business - financial check-up.

New business - Plans future programs.

June - weight loss - Peggy and Joy.



Roberta

Genevieve

House Cleaning Hints



Wednesday, April 10, 1996

## HONOR ROLL

Sugar Grove School has released its honor roll for the 4th six-weeks period.

### 4th Grade

**All A's:** Brett Barnette, Julie Thomas.

**A's & B's:** Sarah Adams, Holly Dutton, Krystal Martin, Hope Parks, Alyssa Weaver, Mahalie Winebarger.

### 5th Grade

**All A's:** Allison Lowe, Shelly Slomp, Sarah Woods.

**A's & B's:** Ashley Blevins, Adam Davis, Natasha Deel, Brittany Parks, Cassie Schneider, Randy Sheets, Lonnie Shumate, Brandi Turnbaugh, Nichole Woods.

### 6th Grade

**All A's:** None

**A's & B's:** Marshall Doss, Jason Parks, Brian Tibbs, Michael Caudell.

### 7th Grade

**All A's:** Erika Barnette, Karen Dewell, Heather Dutton, David Medley, Iris Young.

**A's & B's:** Aaron Bogle, Adam Bogle, Kari Bogle, Cara Brooks, Matthew Lowe, Mary Owens, Philip Parks.

### 8th Grade

**All A's:** Jessica Dempsey, Laura Evans, Dustin Hall.

**A's & B's:** Amy Alls, Ty Cox, Marshall Dutton, Eddie Edwards, Corey Sexton, Rebecca Young, Sara Zilles. □

## HOUSEKEEPING IN A HURRY

Families invest considerable resources in their homes and its furnishings. We want these items to be attractive, functional, and to give us good service. A key to protecting our investment is to give our homes and furnishings appropriate care and maintenance.

As busy people, most of us want to spend as little time as possible in cleaning our homes. Good household management can keep house cleaning time to a minimum.

There are basically four ways to get house cleaning done:

1. **Do it yourself.** Or in the case of a household where there is more than one person, **yourself.** Another version of doing it yourself is households where every one is responsible for cleaning up after themselves.
2. **Give the job away.** Some keys for successfully giving a job away include:
  - **Teach them to do it.** Share your knowledge, shortcuts, and skills. Help them learn the job, but give it to them completely.
  - Have the **best supplies, tools, and equipment** for the job on hand to make it as easy as possible.
  - Consider what **each person already contributes** to house cleaning.
  - **NEVER re-do** a job someone has done. If you do, you have not given up "ownership" of that job, and you will get it back. The absolute only exception is if health and/or safety is endangered by the way the other person does the job.
  - Realize **others may not have the same standards** you do when it comes to cleaning. Again, if you have truly given up ownership of that job, accept the fact that the standards now applied to the job are the new owner's, not yours.
  - **Praise and thank people for what they do;** let them know you appreciate their contribution to household work.
  - **Never use cleaning as a punishment.** Otherwise the other person will not see a need to clean unless he/she has done something wrong.
  - Consider **management incentive techniques.** Extra television time, or a special outing to the zoo, park or a movie, or more privacy at night might be incentives for getting others in the household more involved in house cleaning.
  - **Don't demand help, but do expect it.** Since everyone lives in the house, each person has a responsibility to help do some of the cleaning work.
3. **Hire someone to do the job.** Pay a family member or hire someone outside the family to do the job no one wants to do.
4. **Don't do it** if health or safety is not endangered. Collect fewer possessions, and spend less time keeping them clean. Learn to live with comfortable clutter.

## Principles of Housekeeping Management

Spend time planning and organizing cleaning chores. Decide how often each job needs to be done, then develop a cleaning schedule.

Practice cleaning prevention. Dirt that never gets inside the house does not have to be cleaned. It is estimated that 80 percent of the dirt enters the house on the feet. Use good quality and easy care doormats large enough to extend 3 or 4 steps. Seal cracks, weatherstrip doors and window, and repair screens and broken or cracked windows. Change furnace and air-conditioner filters regularly. Use kitchen exhaust fans. Declare your home a "No Smoking" zone.



# Farm Wife

by Pat Leimbach

A personal view from the country



## Harried, and Housekeeping-Handicapped

**M**y mother ran a dreadfully haphazard household. She had eight children in 11 years, and was widowed with a farm to tend before any of them had reached majority.

Yet even before our father died, the farm work took priority over the house. Her only household compulsion was good nourishing meals, which she produced in abundance.

When my sister and I were old enough to clean house, we brought some weekly order to the chaos, but housekeeping was always low on the scale of importance with Mother. My Aunt Maebelle still shakes her head when she remembers our house in those years.

"You couldn't see the dining room table from one year's end to the next, it was piled so high with stuff."

**MARRYING INTO** a German community, then, where cleanliness and order were a veritable religion, was profound culture shock for me. Lordy, lordy, how I remember the cleansing rituals my mother-in-law went through when it was her turn to entertain her church circle.

From my early conditioning, I was housekeeping-handicapped. Mom thought it far more important that I read or study than wash dishes or iron.

Paul, however, craved that order in which he'd been reared, so I tried hard in those early years to measure up to the community standard—wash on Monday, iron on Tuesday, clean on Saturday, do curtains twice a year, turn everything inside out spring and fall, and allow no clutter ever.

It wasn't easy, because like my mother, and unlike most of the friends I felt I was competing with, I worked in



the fields and the potato barn three seasons of the year.

My greatest asset in the struggle was Paul himself, whose mother had carefully schooled her three sons in the household arts. We never gave a party but that Paul was frantically ironing the last of my curtains while I was in the bathtub and the guests were on the porch.

One does finally reach the age of reason. My striving after the perfect house has long since dissipated. I have found that the roof beam will sustain the building even when the curtains have hung two winters and springs.

Why, then, am I thinking of all this now? Because yesterday in an impulsive moment I stripped all the curtains off the windows, washed and starched them, and they're down in the cellar drying. It's the first time I've tackled them all at

once since Paul died.

And why did I do that? It's not even Christmas! Because all the church ladies are coming for lunch on Tuesday, and I can't have them whispering behind their hands about cobwebs and dead wasps and grandchildren's fingerprints.

You take down the curtains, you have to dust the wallpaper, wash the windows and woodwork, move and wax the furniture, vacuum under everything, get the bugs out of the chandeliers, dust the pictures, clean all the gee-gaws, and on and on.

"So," says Orrin, "are you gonna be around here the next few days so you can empty the bean wagons while I combine?"

"Uhh...yeah. I was planning to be around here. Sure...."

I suppose a woman could rig up an ironing board and an iron out there by the grain bin. Why not?



you have been a victim of your bank immediately. k that you want to prevent ng. You also should contactorney General. Dependingnd circumstances, you mayt your money back.

## Fast Facts

ive out your checking accountn over the phone unless youcompany and understand whynation is necessary.

neone says they are taping yourwhy. Don't be afraid to ask s.

imate companies will not ask fornk account information unless youressly agreed to the automaticg of your checking account.

Federal Trade Commission

## Keep Food Safe!



Bacteria can be carried by food, by skin, nose, or throat, by pets, by insects and by work surfaces which come in contact with any of these.

**Clean Kitchen and Equipment**  
Wash with hot soapy water.  
Use a stiff brush for crevices around handles and blades.  
Rinse with boiling water.

**Clean Hands**  
Wash with soap and warm water.  
Don't handle food if your hands have cuts or sores or if you have a cold.

**Clean Food**  
Wash fruits and vegetables to remove bacteria. Do not use spoiled food.

### Packing the Meal

- Use leftovers for spreads. Save time by making spreads and sandwiches at time of use, instead of first freezing leftovers.
- Line up slices so they are the same size (day old bread is easier to work with).
- Pack lunches right from the refrigerator.
- Make fillings and sandwiches the night before so the sandwich is chilled when packed in the carried lunch.
- To keep food cool, add a can or jar of frozen water or juice.
- Use butter or margarine instead of mayonnaise if you freeze sandwiches.

### Containers for Carried Meals

#### Wrappings

Choose wrappings that are moisture and vapor-proof for:

- sandwiches
- chops
- chicken pieces
- fruit
- vegetables



To avoid soggy bread, carry lettuce and tomato separately to add to the sandwich.

#### Plastic Containers

Plastic containers save money because they can be used over and over again. They come in many shapes and sizes.

- Uses:
- salads
  - pastries
  - fruit cup
  - sandwiches
  - cereal mixtures

#### Vacuum Bottles

Thoroughly clean after use. Have soups, stews, and other main dishes boiling hot when poured into the thermos.

**HINT:** Before adding hot food, heat with scalding water. For cold food, chill with ice cubes.

#### Hot

- soups
- stews, chili
- main dishes
- baked beans

#### Cold

- fruit cups
- beverages
- fruit salads
- cold soups

### Extension Answers

#### Lunch Bags and Boxes and Insulated Carriers

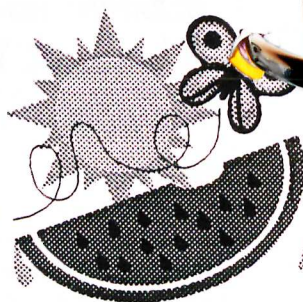
Use clean lunch bags. Recycled shopping bags can be infested from insects or food leakage.

Use lunch boxes and insulated carriers that can be easily cleaned.

#### Homemade Cooler

Line a large cardboard box with plastic and ½ inch of newspaper to keep out the heat. Put a smaller cardboard box inside the newspaper. Cover with newspaper and cardboard.

Pack foods cooled from refrigerator. Add frozen beverages (juices or water) or commercial products that can be frozen to keep carried meals cool.



### Walking Your Way to Fitness

Why walk?? What happens to your body as you walk? Studies show, when done briskly on a regular schedule, that walking:

- Improves circulation and helps your heart and lungs work more efficiently.
- Burns off calories to help lose extra pounds or helps you stay at your idea weight. An average 150 pound person walking at a speed of about 2 miles per hour will use up around 240 calories.
- Eases tension. You can walk to think--or walk not to think. Walking irons away anger and tension.
- Gives you more **ENERGY!**

Source: VCE Health Publication 352-002, Walking Your Way to Fitness

This information given herein is supplied with the understanding that no discrimination is intended and no endorsement by Cooperative Extension is implied.



June 1996

No meeting  
Pres. and Vice Pres out of  
Town.  
Other members busy.

June 1996





June 1986  
NO meeting

### Weight loss Hints

Do not skip meals.  
Eat slowly, chew your food well.  
allow 30 seconds between forkfuls.

In between meals try exercise instead of food.

Make physical activity a regular part of your life.

Metabolic rate slows down at first, but will adjust to your diet and exercise.

Make low fat and high-fiber foods your allies.  
Cut down on fats by eating skinless chicken, fish and lean meats.

Avoid breading or frying.  
Minimize fats such as oils, butter, cream and shortening - Use low fat or non-dairy products.

Fats have twice the calories of either carbohydrates or proteins.

Fiber-rich foods fill you up, while adding few calories. Legumes, fruits vegetables, cereals and breads.

July 1996

Pot Luck



### Program:

Devotional  
Roll Call

Old business

New business



August Wreaths Eva and Joy





If you don't have boxwood evergreens growing in your garden, you can easily find them in most nurseries or flower shops. You can also use other kinds of evergreens, such as various pines and blue spruce. Your florist may also carry straw wreath bases and floral wire on spools.

**General Guidelines**  
Before starting, divide the boxwood into small, even bunches.

- As you start assembling your wreath, be sure to place evergreen bunches close together, so they overlap to make wreath full and uniform.
- Keep back of form free of greens so wreath hangs flat.

**Wreath Decorations**  
Decorate your wreath to reflect your individual Christmas theme.

- Use pinecones, glass balls, bells, and artificial decorations, such as fruits, berries, and little feathered birds.
- Add a cheerful red velvet or satin bow to turn your wreath into a classic beauty.
- Consider using less traditionally colored ribbons, such as bold plaids or shiny metallics.

MAKING A BOXWOOD WREATH



**1** Fasten end of green spooled wire to wreath form by winding it around form a few times. Gather several stems of boxwood, place on outer edge of wreath, and wrap wire around stems to secure in place.



**2** Gather a second group of stems. Working toward inner edge of wreath form, lap second group over first and secure ends by wrapping wire several times around form.



**3** Cover inner edge of form with a few boxwood bunches and secure in same way. Do not cover back of wreath form unless it will hang in a place where its back can be seen, such as on a glass door.



**4** Continue covering whole form in this manner. Work each row of boxwood stems from outside to inside, always lapping new row over previous one so wreath will be lush and full.



**5** When wreath is nearly completed, pull first row of greens up and out of the way, while forcing final row of stems under it to hide wire. Turn wreath face down and cut wire, leaving a long tail.



**6** Force end of wire under several strands of wound wire on back to form a loop; twist loop at base to form a small hanger. Make sure hanger will support wreath and not show when hung.

For further information: Crafting & Decorating Made Simple™  
International Masters Publishers, 444 Liberty Ave., Pittsburgh, PA 15222-1207 1-800-527-5576

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Sept. 1996

Flower Arrangement



Peggy Jarvis





October 1996 Herbs + Spices





## HERBS AND HEALTH

- \* ALFALFA -- Health builder, arthritis, fatigue, appetite, pituitary gland
- BARLEY GREENS -- Energy, nutritional, immune, increase S.O.D.
- BEE POLLEN -- Allergies, quick energy, slows aging process, natural nodule
- \* BILBERRY -- Used to enhance vision, astringent, antiseptic, anti-emetic
- BLACK COHOSH -- Natural estrogen, hot flashes, bronchitis, nerves
- \* BLACK WALNUT -- Cleanses parasites and worms, skin rashes, lupus
- BLESSED THISTLE -- Takes oxygen to brain, senility, increases mother's milk
- BURDOCK -- Reduces swelling and deposits in joints, blood purifier, gout, eczema
- BUTCHER'S BROOM -- Improves circulation, phlebitis, leg cramps, varicose veins
- CAPSICUM -- Circulation to extremities, strokes, blood pressure equalizer, colds
- CASCARA SAGRADA -- Constipation, increases peristaltic action, gall bladder
- CATNIP -- Colic, nerves, cigarette craving, colds flu, digestion, hiccups and gas
- CHAMOMILE -- Insomnia, improves appetite, drug withdrawal, nerves
- CHARCOAL -- Kidney failure (cleans blood), intestinal gas, poison antidote
- CHICKWEED -- Appetite depressant, burns fat, dissolves plaque from veins
- CORNSILK -- Kidney, bladder, bedwetting, painful urination, prostate
- DAMIANA -- Hormone balance, Parkinson's disease, get pregnant, frigidity
- DANDELION -- Anemia, liver, blood cleanser, endurance, age spots, hepatitis
- DONG QUAI -- Hot flashes, hormone balance, nerves, brain nourisher
- ECHINACEA -- Antibiotic, lymph system, blood purifier/builder, immune system
- EYEBRIGHT -- Improves vision, eye strain, cataracts, allergies, styes
- \* FEVERFEW -- Migraine headaches, muscular tension, intestinal worms
- \* GARLIC -- Normalizes blood pressure, yeast and bacterial infections, colds
- GINGER -- Expels gas, motion and morning sickness, flu, diarrhea, settles stomach

- Herbs feed, regulate, and cleanse the body naturally.
  - Herbs give the body the raw materials it needs to do its own healing work.
  - Herbs do not build up in the body or produce harmful side effects like synthetic drugs and supplements.
- Herbs are the key to improving your health!



Herbs and Spices - Cooking and Home Use.

Presented by Club Program by Joy Scott and Mary Jo Bouge Exhibits by Joy Scott

Webster's dictionary describes herbs as being seed producing plants that do not develop woody tissue, and die down at the end of a growing season. Plants that are in part valued for medicinal purposes, savory or aromatic qualities.

You see, this covers a multitude of territories and goes back as far as 3000 B.C. or even further.

Let's look at some of the uses of herbs in and around the home. Since the beginning of time, various plants, herbs and spices have been used to enhance the taste of foods, freshen the air, cure various illnesses and serve as cleaning agents in and around the home.

Since most of us have to be always cooking, let's look at some of the most common uses of the herbs we find in our homes. They have been described as the soul of cooking and the pride of cooks from the first century. They can transform a simple, routine meal into a sensuous experience of tangy, spicy, refreshing flavors and crunchy textures. Many herbs such as basil, caraway and dill make foods more palatable by easing digestion. In past history herbs were used a lot more than today; however, their useage is again gaining in popularity. They enliven our dishes, snack or



# Canning pumpkins

## How do I can pumpkin?

Before I give you directions to can pumpkin, I want to give you some things to think about before you decide if canning pumpkin is your best choice.

The first consideration is that you should never can mashed or pureed pumpkin. Pumpkin is a low acid food and therefore carries the possibility of causing botulism poisoning. It is almost impossible to get the interior of the mashed pumpkin hot enough to kill botulism spores.

The second consideration is the

## EXTENSION ANSWERS

LINDA CHILDERS

amount of pumpkin that you will use in one year. Is it worth the time and effort to can pumpkin when you compare it to the cost of commercially canned pumpkin?

Remember that pumpkins are

■ See **EXTENSION**, Page B5

## Canning pumpkins

■ **EXTENSION**, from Page B2  
easy to store, and may be kept for several months in a cool, medium-dry basement, garage or tool shed. Before gathering, allow the fruit to ripen fully on the vine, and cure in the sun to form a hard rind. Harvest before frost, and leave a piece of stem when cut from the vine. Place pumpkins on shelves to reduce the possibility of rot. The best storage temperature is about 60 degrees.

Have you considered freezing the pumpkin? If you choose to freeze, you should select full-colored, mature pumpkins with texture that is fine rather than coarse and stringy. Wash, cut into pieces, and remove seeds. Cook pumpkin pieces until soft. Remove pulp from rind and mash or press through a

sieve. Cool completely. It is best to place the pan containing the pumpkin in cold water and stir the pumpkin occasionally until it is completely cool. Pack into container, leaving one-half inch headspace. Seal and freeze.

If you decide to can pumpkin, the small size pumpkins make better dessert products. Wash, remove seeds, cut into one inch cubes. Boil two minutes in water. Do not mash or puree. Fill jars with cubes and cooking liquid, leaving one inch headspace. Adjust lids and process. Process quarts at 10 pounds pressure for 90 minutes, and pints at 10 pounds pressure for 55 minutes.

When using in a recipe, drain jars and strain or sieve the pumpkin cubes. □



CLUB ASSIGNMENTS  
BOARD OF SUPERVISORS' LUNCHEON  
October 8, 1996

Adwolfe	Three 9- x 13-inch red congealed salads 1 9-inch apple pie
Chilhowie	Rolls 1 9-inch pumpkin pie
Cleghorn	1 gallon slaw 1 9-inch apple pie
Marion	2 gallons green beans 1 9-inch pumpkin pie
Rich Valley	Chicken 1 dozen deviled eggs Cool Whip
Rye Valley	Three 9- x 13-inch sweet potatoes 1 9-inch pumpkin pie
Seven Mile Ford	Three 9- x 13-inch corn puddings 2 dozen deviled eggs